



Norfolk Naval Shipyard Callaghan Fitness Center



Wednesday, September 7

10 a.m. to 2 p.m.

Vendors include the NEX, massage, blood pressure, health promotions.

Refreshments will be served and everyone will receive a Callaghan Fitness Center water bottle.



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- ❖ **Registration starts at 10:30 a.m.**
- ❖ **Run starts at 11:30 a.m.**
- ❖ **T-shirts to the first 150 preregistered runners.**
- ❖ **Refreshments will be served after the run.**

**Men and women age division groups are 29 and under,
30 to 37, 38 to 44, 45 to 49 and 50 and over.**



& 5k Run

**Wednesday,
September 7**



**Drop off or mail entry to:
NNST Callaghan Fitness Center
building 310
Portsmouth, VA 23709**

Name (Last, First, MI) Leave space between name

Phone Number (include area code)

Sex

Command

Email _____

I know that participating in this contest is a potentially hazardous activity. I should not enter the contest unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the contest. I assume all risks associated with this event. I grant permission to use any photographs, video recordings or any record of this event for legitimate purposes. I hereby give Navy Morale Welfare and Recreation, their agents and employees the right to inspect and/or approve the photograph, audiotapes and/or videotapes for promotional, recruiting or educational purposes, without any limitation, reservation or compensation, other than the receipt of which is hereby given. This consent is given for any photographs, audiotapes and/or videotapes which have been taken, about to be taken or will be taken.

Signature _____

Date _____

Call 396-2770 for more details.